

# 2026 JANUARY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	01	02	03
				<b>No School</b> <b>No Practice</b> <b>Happy New Year</b>	<b>No School</b> Swim: 8-10:15am Dive 9-10:30am	<u>Arrive @ School 6:20am</u> Bus Depart 6:30am New Years Challenge at Bucknell University Start 10am Finish 3pm
04	05	06	07	08	09	10
	Swim: 3:30-5:45pm Dive: 3:30-5:45pm	Swim: 3:30-5:45pm Dive: 3:30-5:45pm	Swim: 3:30-5:45pm Dive: 3:30-5:45pm	<b>AM Workout 5:30-7am HOME Meet w/ Manheim Township</b> 4:30pm start <b>Booster Board Meeting (Zoom)</b>	Swim: 3:30-4:15pm Short Quick Practice No Diving Practice	
11	12	13	14	15	16	17
	Swim: 3:30-5:45pm Dive: 3:30-5:45pm	<b>AM Workout 5:30-7am AWAY Meet w/ Carlisle</b> at Carlisle YMCA 4:30pm start	Swim: 3:30-5:45pm Dive: 3:30-5:45pm	<b>AM Workout 5:30-7am HOME Meet w/ Gov Mifflin</b> 4:30pm start	<b>No School</b> Swim: 8-10:15am Dive 8-10am	Practice 7-8:30am <b>HOME Meet w/ Parkland+WilliamSPORT</b> Meet Start 10am
18	19	20	21	22	23	24
	<b>No School</b> Swim: 8-10:30am Dive 8-10am	<b>AM Workout 5:30-7am HOME Meet w/ Central Dauphin</b> 4:30pm start	Swim: 3:30-5:45pm Dive: 3:30-5:45pm	<b>AM Workout 5:30-7am HOME Meet w/ Hershey</b> 4:30pm start Age Group Night	Swim: 3:30-5:10pm Dive: 3:30-5:45pm <b>SR Locker Decorating</b>	
25	26	27	28	29	30	31
	Swim: 3:30-5:45pm Dive: 3:30-5:45pm	<b>AM Workout 5:30-7am HOME Meet w/ State College</b> 4:30pm start <b>Teacher Impact Night</b>	Swim: 3:30-5:45pm Dive: 3:30-5:45pm	<b>AM Workout 5:30-7am HOME Meet w/Cedar Cliff + Trinity</b> 4:30pm start arrive by 3:10pm <b>Senior Night</b>	Swim: 3:30-5:45pm Dive: 3:30-5:45pm	Swim: 8-10:30am

## January 2026– CVHS Swim/Dive Schedule 2025-2026

[www.cvswwimdive.com](http://www.cvswwimdive.com) updated 11/16/25